

iCourse Theory

Learning Progress Log

Name:

Unit start date:

Unit finish date:

When returning work for assessment, please ensure that each unit is kept together by stapling or other means and that you complete the information above. Also please ensure that any additional worksheets are clearly marked with your Name.

Introduction

This document forms an integral part of your course and should be updated after every study session.

The document will enable:

- You to monitor your own progress
- You to target and revise areas of knowledge that can be improved
- Third parties (with your permission) to assess your progress/competence

The log contains a record of your progress through your (iCourse) ADI Foundation Course.

There is a log listing for each section of the course – the options for recording progress vary slightly for different elements but include the following listings to complete when you have:

- Studied the material
- Completed the research
- Completed the project
- Completed the Foundation questions
- Discussed the material with my peers
- Revised the material

There are spaces for you to record the date and notes against each of the elements listed.

Using the study log

Simply keep a record of the dates when specific tasks are completed; do this on specific log tables and add notes as appropriate for you. When a particular section is complete, 'sign it off'.

There are date spaces for two '*revision levels*'. We recommend that as a minimum you spend:

- Revision level 1: 10 minutes revision for every hour of study 24 hours after the study session
- Revision level 2: 15 minutes revision for every hour of study 1 week after the study session

The more often you revise – even if only for a few minutes, the better the new information will be committed to long-term memory; this will help deepen your understanding and help develop 'neural links' to new information as you study.

Section 1 - Motivation

The motivation section is an essential pre-requisite for training and provides basic information and projects to set an appropriate 'mind set' for vocational study.

<i>I have completed the motivation section and have read and understood the following online pages:</i>			
First studied	Revision 1	Revision 2	Online Pages
			Getting motivated
			Gaining Maximum Motivation
			Step 3: Eating an elephant!
			Step : Keeping focused
			Step 2: Developing a Sense of Commitment
			Adopting a Positive Mental Attitude
<i>I have completed the following exercises</i>			
			Motivation exercise No.1
			Motivation exercise No.2
			Motivation exercise No.3
			Motivation exercise No.4
			Started a scrapbook
			Practised 'visualisation'

Signing off ...

I confirm that I have completed all of the above up to revision level '2'.

Signed: Date:

Section 1 - Motivation

Own thoughts / Reminders

2 - Study resources

You should have the publications that are listed as recommended study material. Check off your study publications this page and make a note of any other publications that you would like to get/ have got but which are not specifically listed by us.

✓	Publication name
	The Highway Code
	Know your traffic signs (download)
	Driving – the essential skills
	The Driving Instructor’s Handbook
	The Official Guide to learning to Drive
	CD or DVD for hazard perception and commentary driving practise
	DVSA Theory Questions for ADI Part-One (If not included in CD/DVD above)
	ADI 14 (download)
	HPT log (separate download)
	Additional study log (separate download)

Section 3 - The learning machine

Your own brain, and the brains of your future customers, are very effective learning machines. This section helps you to realise just how powerful your brain is, even though you might not have done any formal study for some time.

<i>I have completed the learning machine section and have</i> read and understood the following online pages:			
First studied	Revision 1	Revision 2	
			Your brain is a fantastic learning machine!
			How much have you learned?
			How do I learn best?
<i>I have completed the following exercises</i>			
			What have I learned? (web page menu: What have I learned?).

Signing off ...

I confirm that I have completed all of the above up to revision level '2'.

Signed: Date:

Section 3 - The learning machine

Own thoughts / Reminders

Section 4 - Study units introduction

The motivation section is an essential pre-requisite for training and provides basic information and projects to set an appropriate 'mind set' for vocational study.

<i>I have completed the motivation section and have</i> read and understood the following online pages:			
First studied	Revision 1	Revision 2	
			Introduction to your study units
			Confidence scoring
<i>I have completed the following exercises</i>			
			Study starter exercise (web page menu: Study Guide).
			Downloaded the step-by-step chart (web page menu: Study Guide).

Signing off ...

I confirm that I have completed all of the above up to revision level '2'.

Signed: Date:

Section 4 - Study units introduction

Own thoughts / Reminders

Study units

Use the 'study unit' logs to record and 'sign off' all of the study units including the mock test.

Before signing off the units you must:

- Know the relevant road signs
- Meet the minimum target score under 'test' conditions
- Complete your 24 hour and one week revision
- Feel confident about your understanding of the material

Unit 1

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

Unit 2

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

Unit 3

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

Unit 4 (Including tutorial: Answering multiple choice questions)

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

Unit 5

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

Unit 6

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

Unit 7 (Including tutorial: Study Advice)

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

Unit 8

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

Unit 9

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

Unit 10

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

Unit 11

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

**Unit 12 (Including tutorials: Driving Style & Disabilities)**

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

Unit 13

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

Unit 14

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

Unit 15

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

Unit 16

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

Unit 17

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

Unit 18

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

Examiner's marking - DL25

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

Unit 19

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

Unit 20

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

Mock test

Date first studied:	Revision date 1:	Revision date 2:
<i>Notes:</i>		
Signed off:		Date:

DVSA questions (or other training resources)

Because there is no fixed order for extra study and practice using the DVSA question bank or other resources the achievement logging will depend upon the study that you do.

To enable you to keep a log of this study we have provided two ‘blank’ record sheets.

- The first sheet is a ‘master’ on which you can record dates, question resource reference and question numbers.
- The second sheet is similar to the study units sheet and allows for extra information and notes. This can be used with any type of study material, not just multiple choice questions.

These sheets are in a separate file which you can download from the same web page as this document.

Print the sheets as required and add them to your log file.